

THE SCOOP

NEW

on Adolescent and Reproductive Health

EDITION 2

APRIL 2023

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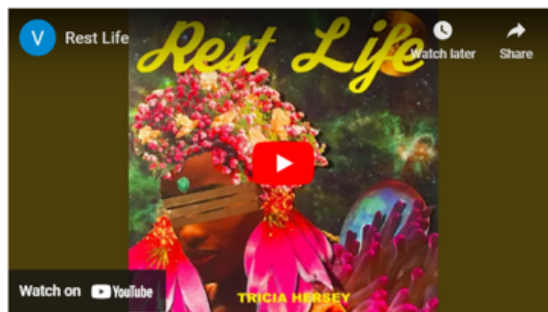


MINDFUL MOMENT

Before you begin to read through this newsletter, I want you to take some time for you. Take pause and notice where there is tension in your body. Relax your shoulders and unclench your jaw. Take a few breathes and rest your eyes. This is extremely important if you work in front of a computer screen.

Self care is not a one time event, it is ongoing lifelong practice. There is power in rest and self-care. Stop comparing your productivity to your self worth, resting your body does not equal to being unproductive. "Rest is a beautiful interruption in a world with no pause button," [The Nap Ministry](#)

Take a 5-minute rest break! Listen to this meditative rest single from Tricia Hersey a.k.a. The Nap Bishop.



[REST LIFE](#)



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Discover ARH websites

[Adolescent Health](#)

[Reproductive Health](#)

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Positive Youth Channel



Nebraska College Preparatory Academy (NCPA) scholars explored diverse community service learning opportunities over the winter.

Grand Island NCPA scholars volunteered with Grand Island Public Schools (GIPS) and the University Nebraska Lincoln (UNL) Honors Program during the “City Build 2040” event. NCPA scholars lead more than 40 GIPS third through eighth grade students to build and explore their vision for Grand Island in 2040 (left).

Ninth and tenth grade NCPA scholars from Omaha South and Omaha North High Schools made and delivered 95 blankets to the Children’s Hospital as part of their community service learning project (center). They also prepped 250 sack lunches (right) for the Open Door Mission and signed up to serve families at the Heartland Hope Mission.



FDA Will End Gay Blood Ban in Favor of [New Risk Assessment Model](#)

If you bought a pair of Thinx Period Underwear between 11/12/16 and 11/28/22, this class action settlement may affect your rights.

[Deadline to submit claim: 4/12/23.](#)

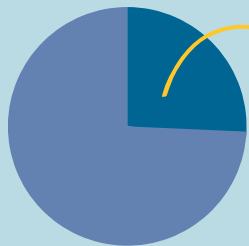
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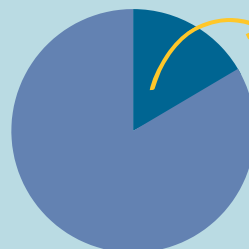


Data Spotlight: Nebraska Teenage Girls

From the [Youth Risk Behavior Survey \(YRBS\) report](#), "across almost all measures of substance use, experiences of violence, mental health, and suicidal thoughts and behaviors, female students are faring more poorly than male students. The rates at which female students are reporting such negative experiences, are stark." Below are data points taken from [Nebraska YRBS](#).



25.7% of Nebraska Female High School Students Who Experienced Sexual Dating Violence.



16.5% of Nebraska Female High School Students Who Were Ever Physically Forced to Have Sexual Intercourse.

48.8%, nearly half of all Nebraska Female High School Students Who Felt Sad or Hopeless.

At least 1 in 4 of Nebraska Female High School Students Who Were Bullied on School Property.



1 in 5 of All Nebraska High School Students Who Seriously Considered Attempting Suicide.



Last edition's answer:

In ancient Egypt, it was common to make birth control out of [Crocodile Dung](#).



What insect was used as a means for pregnancy testing in humans?

- A) Praying mantis
- B) Earthworms
- C) Cricket
- D) Ladybugs

**Answer in next edition*

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Nebraska Suicide Prevention Plan

Suicide is the second leading cause of death for 10 to 24 year-old Nebraskans.

Suicide continues to be a public health problem in Nebraska and affects people from all backgrounds. The [Nebraska Suicide Prevention Plan](#) is working to empower individuals, families, and communities by teaching how to build up protective factors around those we care about, how to identify warning signs, where to connect for help if/when those signs are identified, and how to support someone in need will result in fewer suicides. A crucial first step in achieving these goals is to normalize the conversation around behavioral health and suicide so that more feel comfortable seeking help.

One way to reduce the stigma around the discussion of suicide, is by updating the language we use to discuss it.

Old Language

Committed suicide

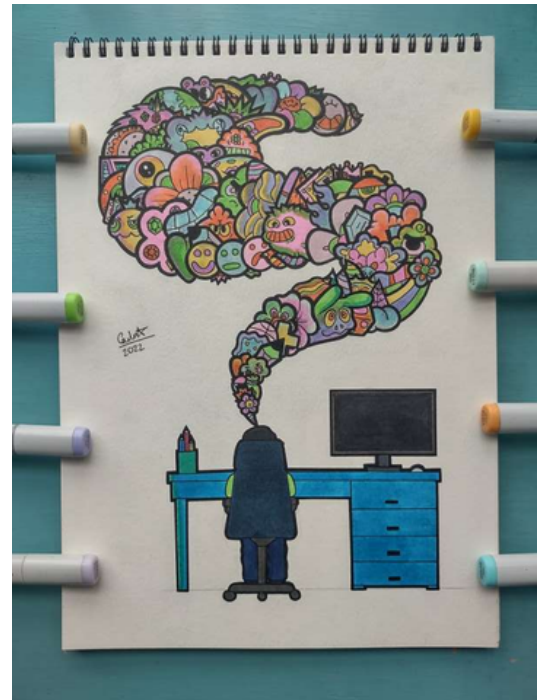
Unsuccessful suicide attempt

New Language

Died by suicide or
Lost by suicide

Attempted suicide

Shifting how we discuss suicide and behavioral health takes effort, but it's a change we can start making now as we each do our part in addressing death accurately, breaking down the stigma that's existed around suicide for centuries, and eliminating shame for surviving family members. Looking for more information, check out this [community toolkit](#).



["Picture the Future" Carlos](#)



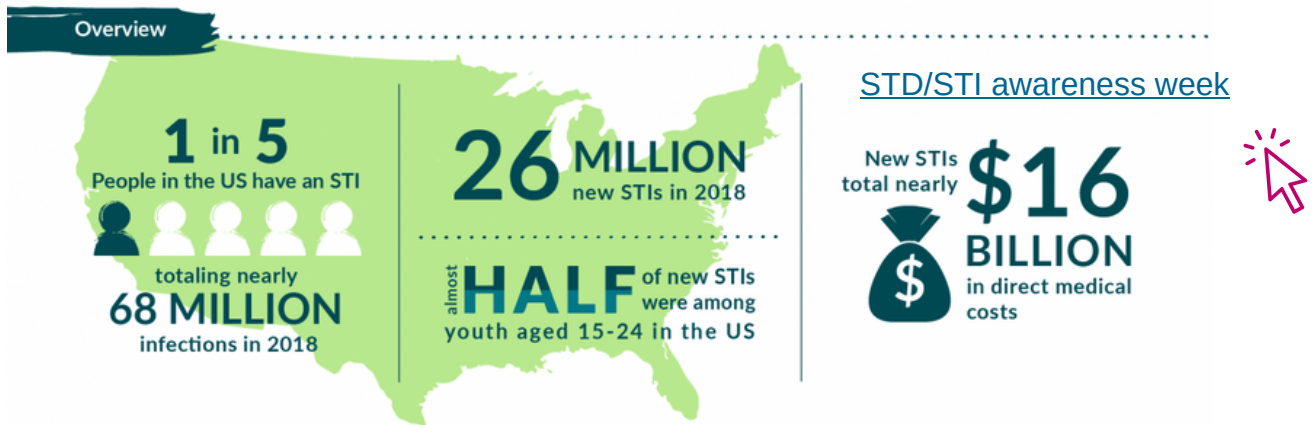
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STD/STI awareness week April 10th - 14th

STD/STI Awareness Week, observed the second full week in April, provides an opportunity to raise awareness about STDs/STIs and how they impact our lives; reduce stigma, fear, and discrimination; and ensure people have the tools and knowledge for prevention, testing, and treatment. According to the Nebraska YRBS survey results, only 4.7% of Nebraska high school students have been tested for STDs/STIs, a decrease from 8.1% in 2018.



National Youth HIV/AIDS Awareness Day April 10th

Youth aged 13 - 24, make up 4% of the more than 1.2 million people living with HIV in the U.S. accounting for 1 in every 5 new diagnoses. Around 44% of young people with HIV do not know they have the virus. Help reduce youth HIV infections, with prevention, education, and testing. Wearing condoms decreases the likelihood of contracting HIV. According the Nebraska YRBS survey results, 51% of Nebraska youth used a condom the last time they had sex. For more information visit, [National Youth HIV/AIDS Awareness Day](#).

GYT: Get Yourself Tested is a campaign encouraging young people to get tested and treated for STDs/STIs to protect their health and their partners. STDs/STIs affect people of all ages, yet these infections take a particularly heavy toll on young people. With many STDs/STIs, including HIV, there are no symptoms occurring. The only way



to find out your status is to get tested. To find testing sites near you, visit:

[Get Tested!](#)



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MAY 2023

Sex Ed for All Month



Sex Ed For All Month



May is recognized as Sex Ed for All Month. Sex Ed gives young people age-appropriate, medically accurate information and answers to their questions about puberty, sex, healthy peer relationships, communication, self-esteem, decision making, goal setting, and respect. It has been proven to positively impact young people's lives.

Sex Ed gives young people the knowledge and skills they need for a lifetime of good health and happiness. It also sets them up for success! Research shows that sex education helps students become healthier and more successful adults. It leads to lower STD/STI rates, fewer unintended pregnancies, better self-esteem, and healthier relationships, plus many other benefits.

Sex Ed lays the groundwork for honest conversations at home. Without Sex Ed, young people miss out on opportunities to demystify and debunk the things they're already hearing and seeing from others and online. When families have the facts, it's easier to talk honestly about safety, consent, and values so young people are equipped with the knowledge and skills they need. Regularly talk with the young people in your life about topics related to sex ed.

Percentage of Youth who have talked to their parents about "How to say no to sex."

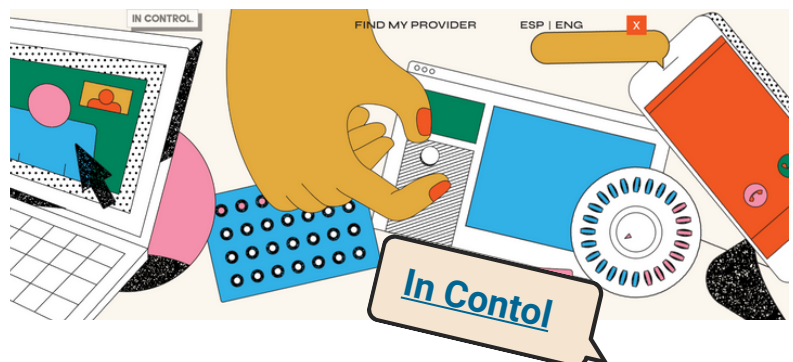
Male

40%

Female

67%

In Control is an initiative to help Nebraskans access virtual, affordable healthcare. In Control provides resources, education, and funding to a network of partners to ensure access to sexual and reproductive healthcare for free or at low-cost to people across the state.



Virtual appointments for birth control, emergency contraception, pregnancy counseling and STI consultation are available by phone call or video chat. Visit [In Control](#) to find a provider.

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JUNE 2023

World Infertility Awareness Month

According to The Center for Disease Control and Prevention, more than 1 in 8 couples have difficulty conceiving after a year of trying or carrying a pregnancy to term. There are many medical conditions that can be the underlying cause of infertility in either partner. While some infertility-related conditions have no cure, there are numerous infertility causes that can be corrected with a few visits to the doctor. For community support and resources visit [Resolve](#)

National
Corn on the Cob
Day!
June 11th

Indigenous peoples began intensive corn horticulture in Nebraska about 1,000 years ago. Along with beans and squash, corn sustained tribal growth for long periods. By the early 1700s, tribes such as the Omaha, Pawnee, and Otoe were living in villages of a thousand or more people. It's corn that has long served as both food and a way of life.

[Long Thought Extinct, a Native Corn Re-emerges in the Heartland](#)

(Nebraska). One special variety is eagle corn - white kernels with purple splotches resembling wings. This and

other multi-colored kernels are more than just corn. This corn represents history and

heritage; food and family; culture and community. Corn takes (Pawnee people) back to their relationship with plants as food and medicine.

[Society of Care](#) is a trauma and resilience resource for self-identified Native American youth and their families in Nebraska. Society of Care provides accessible, affordable, and culturally sensitive behavioral care. As passionate advocates, they give Native youth: a voice, connect to services, provide wellness education, instill cultural pride, and empower them to build resilience. Society of Care believes in a brighter future for Native youth and their relatives, and are guided by caring deeply, transforming lives and healing communities.



[Society
of
Care:
About
Us](#)

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ADDITIONAL RESOURCES

[CDC.gov](https://www.cdc.gov/teens/) Educating Teenagers About Sex in the United States

[Nebraska Corn Board](#)

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